



This collection of worksheets is to consider life skills.
From making a sandwich to monthly budgeting.

Its design has been considered to either use as individual worksheets or to build up
on topics.

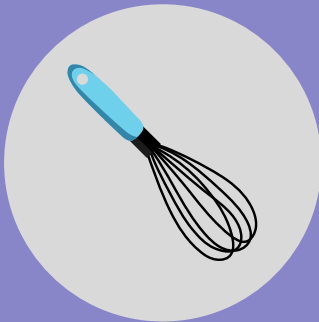
Use the worksheets to support building self confidence in a young person with
simple activities. This will support the professional in holding wider conversations in
terms of independence.

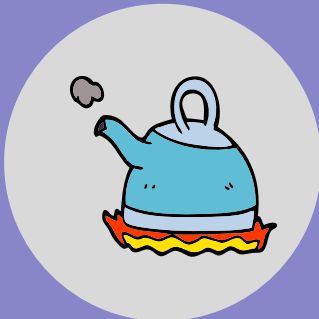
KITCHEN UTENSILS

Do you recognise the following items?

Write your answers on the black line beside each picture.











KITCHEN UTENSILS

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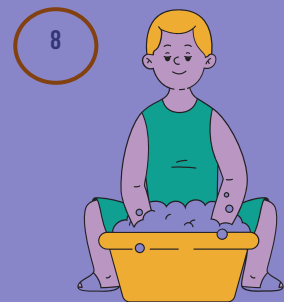
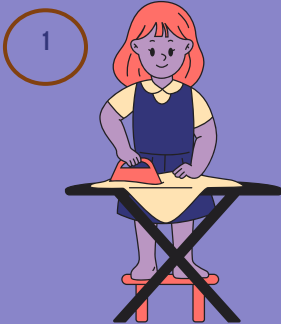






HOUSEHOLD CHORES

Look at the pictures and write the numbers in front of the correct answer.



- ☐ WASH THE CLOTHES
- ☐ HANG THE CLOTHES
- ☐ COOK THE FOOD
- ☐ MOP THE FLOOR
- ☐ WATER THE PLANTS

- ☐ VACUUM THE FLOOR
- ☐ IRON THE CLOTHES
- ☐ WASH THE DISHES
- ☐ FOLD THE CLOTHES
- ☐ SWEEP THE FLOOR

DAILY HOUSE CHORE CHECKLIST

**Everyday
Task**

☐

Do Laundry

☐

Sweeping Floor

☐

Wash Dishes

☐

Make Bed

Monday

☐☐☐

Tuesday

☐☐☐

Wednesday

☐☐☐

Thursday

☐☐☐

Friday

☐☐☐

Saturday

☐☐☐



DEEP CLEANING TASKS

KITCHEN

- ☐ Wash dishes or load them into the dishwasher.
- ☐ Wipe down countertops and kitchen appliances.
- ☐ Sweep or vacuum the kitchen floor.
- ☐ Take out the trash.

BATHROOM

- ☐ Clean and disinfect the toilet, sink, and shower/tub.
- ☐ Wipe down bathroom surfaces.
- ☐ Replace used towels with clean ones.
- ☐ Empty bathroom trash.

LIVING AREAS

- ☐ Fluff and arrange pillows and cushions. Dust surfaces like shelves, tables, and entertainment centers.
- ☐ Vacuum or sweep the floors.
- ☐ Pick up and put away clutter.
- ☐

BEDROOMS

- ☐ Change bed linens and pillowcases.
- ☐ Dust and wipe down bedroom furniture.
- ☐ Vacuum or sweep bedroom floors.
- ☐ Vacuum and clean under the bed.
- ☐ Rotate and flip mattresses if needed.

DEEP CLEANING

- ☐ Clean windows inside and out.
- ☐ Clean and organize closets.
- ☐ Wash walls and touch up paint if necessary.
- ☐ Check and clean air vents and filters
- ☐ Clean and vacuum curtains or blinds..

OUTDOOR AREAS

- ☐ Clean gutters.
- ☐ Power wash decks or patios.
- ☐ Clean outdoor furniture.
- ☐ Clean outdoor windows and screens.
- ☐ Inspect for any cracks or damage.
- ☐ Trim and prune plants and bushes.



HOUSE CLEANING CHECKLIST



GENERAL CLEANING

- ☐ Sweep and mop or vacuum all floors and rugs
- ☐ Dust all surfaces, including furniture, shelves, and decor
- ☐ Empty all trash cans and replace liners
- ☐ Wipe down all appliances, including the stove, oven, microwave, and refrigerator
- ☐ Wipe down mirrors and windows
- ☐ Disinfect all high-touch surfaces, such as doorknobs, light switches, and countertops
- ☐ Clean and sanitize toilets, sinks, and showers/bathtubs
- ☐ Straighten up and organize all living spaces

KITCHEN CLEANING

- ☐ Clean and sanitize all surfaces where food is prepared, including countertops, cutting boards, and sinks
- ☐ Clean the stovetop, oven, and microwave
- ☐ Clean and organize the refrigerator and freezer, disposing of expired food items
- ☐ Wash dishes and clean the sink

BATHROOM CLEANING

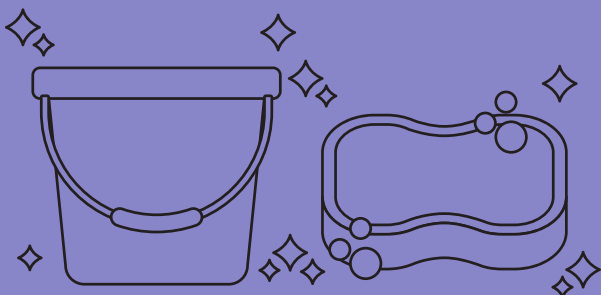
- ☐ Clean and sanitize toilets, sinks, and showers/bathtubs
- ☐ Clean mirrors, windows, and any other surfaces
- ☐ Replace towels and bath mats
- ☐ Empty and clean the trash can

BEDROOM CLEANING

- ☐ Change the sheets and pillowcases
- ☐ Dust all surfaces, including furniture, shelves, and decor
- ☐ Vacuum or sweep the floor and rugs
- ☐ Straighten up and organize the closet and dresser

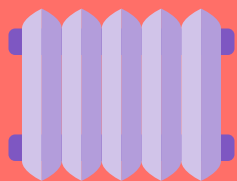
OTHER CLEANING TASKS

- ☐ Clean windows and screens
- ☐ Dust blinds and curtains
- ☐ Clean light fixtures and ceiling fans
- ☐ Clean and dust baseboards and molding
- ☐ Deep clean carpets and upholstery
- ☐ Clean and organize the garage or storage areas



HOUSEHOLD CHORES AND APPLIANCES

Match the tasks with the gadgets.



Keep the house warm

Wash dirty dishes

Cool the air

Wash dirty clothes



Heat and cook food

Clean the carpet

Dry hair



PART OF THE HOUSE

The Kitchen



Draw a circle around things that belongs to the kitchen.



kettle



pillow



soil



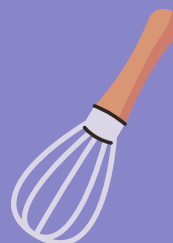
frying pan



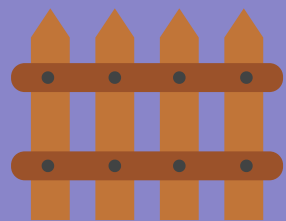
toilet



kitchen pot



whisk



fence

PART OF THE HOUSE

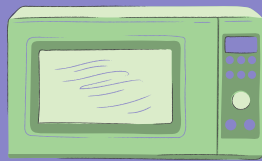
The Bedroom



Draw a circle around things that belongs to the bedroom.



bathtub



microwave



hand shovel



cupboard



pillow



rock



lamp



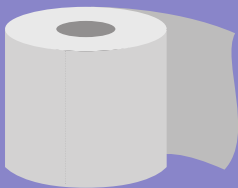
bed

PART OF THE HOUSE

The Bathroom



Draw a circle around things that belongs to the bathroom.



toilet paper



blender



soil



toilet



soap



oven mit



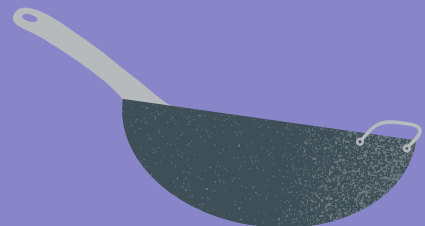
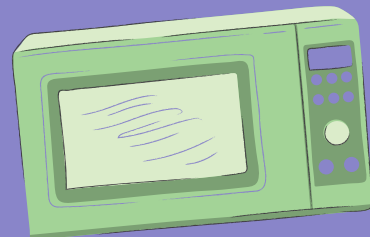
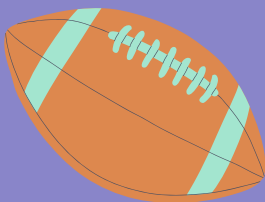
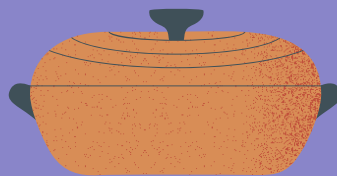
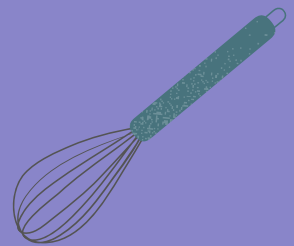
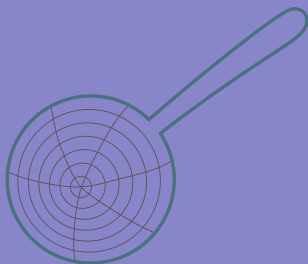
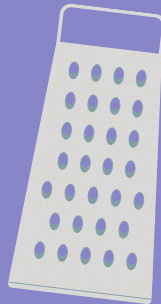
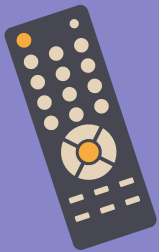
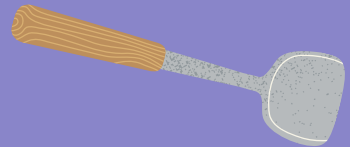
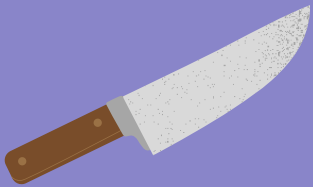
bathtub



wheelbarrow

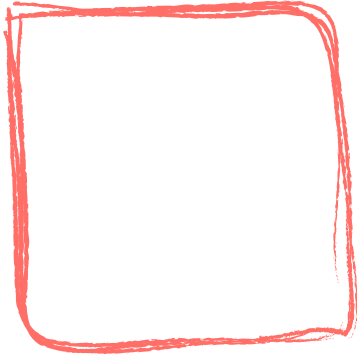
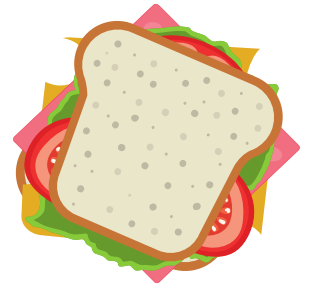
LET'S COOK!

Circle the kitchen utensils that you need while cooking.

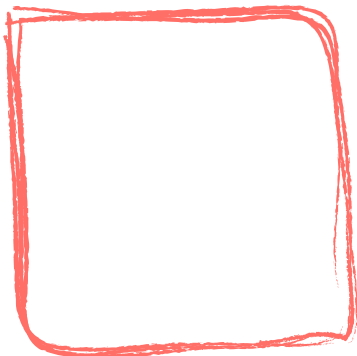


HOW TO MAKE A SANDWICH

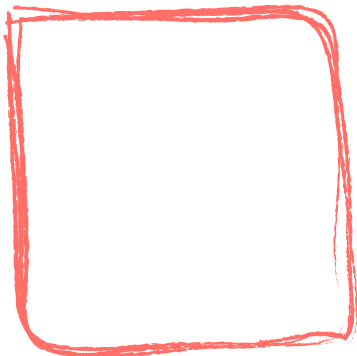
Use the following outline to draw and write the steps to make a sandwich.



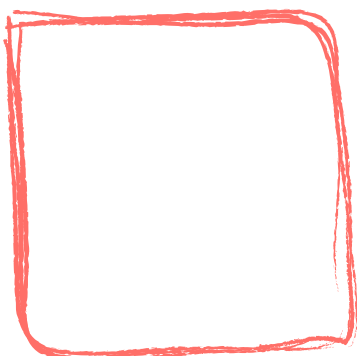
First,



Second,



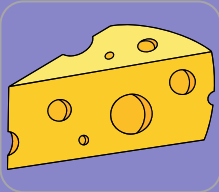
Then,



Finally,

HEALTHY OR UNHEALTHY?

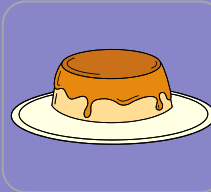
Identify each food item and mark the correct option.

☐

Healthy

☐

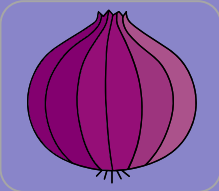
Unhealthy

☐

Healthy

☐

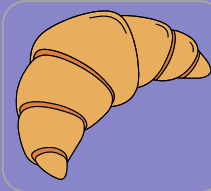
Unhealthy

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Healthy

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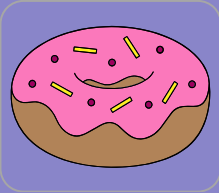
Unhealthy

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Healthy

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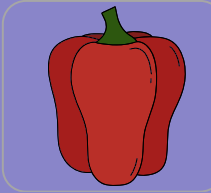
Unhealthy

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Healthy

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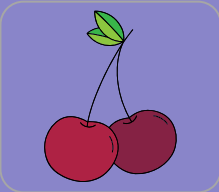
Unhealthy

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Healthy

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Unhealthy

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Healthy

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Unhealthy

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Healthy

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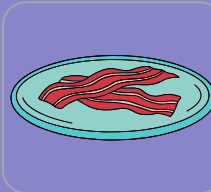
Unhealthy

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Healthy

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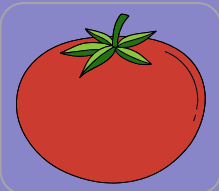
Unhealthy

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Healthy

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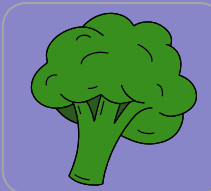
Unhealthy

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Healthy

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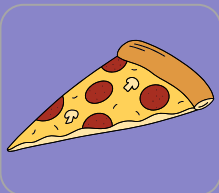
Unhealthy

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Healthy

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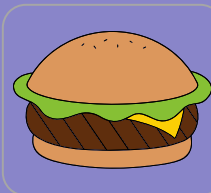
Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

EVERYDAY LIFE

ODD ONE OUT

Add a new one

Instruction

Circle the item that doesn't belong in each group. Add a new one.

1 Laundry ,Cooking ,Gardening ,Hammer, _____

2 Toothbrush , Wrench, Toothpaste, Dental floss, _____

3 Coffee, Tea, Juice, Kerosene, _____

4 Playing soccer, Cycling, Knitting, Driving, _____

5 Crafting, Fishing, Vacuuming, Jogging, _____

6 Pillow, Blanket, Mattress, Hammock, _____

7 Pen, Laptop, Pencil, Eraser, _____

8 Towel, Soap, Shampoo, Screwdriver, _____

9 Swimming, Watching TV, Hiking, Skateboarding, _____

10 Bicycle, Refrigerator, Oven, Blender, _____

11 Playing piano, Doing homework, Surfing, Painting, _____






12 Sweeping, Vacuuming, Swimming, Astronomy, _____

MONTHLY BUDGET

DATE:

INCOME:

OTHER INCOME / SAVINGS

| EXPENSES | BUDGET | ACTUAL | DIFFERENCE |
|---|--------|--------|------------|
|  HOUSEHOLD MAINTENANCE | | | |
|  WATER | | | |
|  GAS | | | |
|  WI-FI | | | |
|  ELECTRICITY | | | |
|  TAXES | | | |
|  GROCERIES | | | |
|  ENTERTAINMENT | | | |
| TOTAL EXPENSES | | | |

DEBTS FROM LAST MONTH

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NOTES

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"ANYTHING WORTH
HAVING TAKES TIME."